

The Problem Solving Mind

It is time to meet the architect of the Construct

What is the Problem Solving Mind?

The Problem Solving Mind is the human brain when it is being guided by pain and fear. It is the mechanical and analytical aspect of our experiential reality and it is the architect and creator of the Construct. Please note that it is an important aspect of human functioning to get an understanding of before we delve more deeply into all that is guiding our existence.

It is an incredibly sophisticated and highly developed piece of thinking machinery. Within every individual mind, it is steering all of humanity down a pathway that is uniting us collectively towards an objective that satisfies its pain driven pathways of desire and control.

Everything that the Problem Solving Mind is experiencing, we are experiencing. So when I talk about the Problem Solving Mind, what I am really talking about is the manner in which we are currently functioning in this world. Every single aspect of our existence that we currently identify as being us, is a specifically crafted version based on our genetic structure and our learning.

So what we are experiencing is not life itself, but simply the information that the Problem Solving Mind has chosen to present us with. The presentation of this information is able to create a dynamic which we have become so heavily reliant upon existing in, that we have not developed the necessary knowledge, skills or awareness to know otherwise.

The Problem Solving Mind is quite possibly one of the greatest magicians to exist in the entire universe. In fact, to label it as a magician is probably an understatement, as it has developed its mastery to the point where I could confidently say that it has earned the right to be called a Sorcerer. It brilliantly uses its magic powers to create the illusion of control over an extremely pure and powerful force that exists in the universe - us!

The Problem Solving Mind has fashioned one of the most extraordinary illusions that we will ever have had the privilege to witness and we are its subject.

It has created an artificial version of us and life that is so convincing that we actually believe that it is real. The most intriguing part of this is that in the main we don't know it and hidden in that fact is where the truth behind this illusion lies. That is, for this magic to be effective, it requires the essence of the Conscious Energy that is us, to remain in a state where we are effectively asleep. Probably a more accurate analogy would be to imagine that we are somewhere trapped between a conscious and an unconscious state, the world of the living dead.

So let's take a look at how this all got started and travel back through the generations of our existence, right back to a time when civilisation as we know it today did not exist.

The birth of human supremacy

There was a time when life was comparatively harsh, cruel and unforgiving for our “primitive” human ancestors. The concept of fairness was nonexistent, for if they were to have indulged in such nonsensical notions they simply would not have survived. It would have been essential that they focused their attention directly on what was necessary to exist in an extremely competitive environment.

Our human ancestors were without question not the strongest, the fastest or the most agile creature on the planet; in fact as far as physical prowess is concerned they were functioning with quite a disadvantage.

However, despite these apparent disadvantages in strength, agility and speed, somehow human beings managed to survive whereby their dominance as a collective species reigns supreme to this day.

So how did we do it? We certainly had great dexterity with our hands. But this was not enough. We needed something else...

...we needed the Problem Solving Mind!

No other species on the planet could even come close to competing with us in our ability to solve problems.

This ability is this key functioning aspect of the human mind that has allowed our ancestors to have survived the most challenging and treacherous of journeys. Allowing us to arrive at the point in time in which we exist today.

Our ancestors would have had to deal with situations that required them to change their whole concept of where and how they could maintain the basic necessities for the continuance of their lives - way beyond any of the trivialities that we are so obsessed with in the modern world.

Quite impressive when you really think about it - we are truly an amazing species, surviving against all odds. Not just against the challenges that would have been presented by other species, but also in our ability to adapt to the most extreme of environmental conditions.

Our mastery of problem solving has ensured our success on our journey from caveman to super species.

If one was to accumulate all of the thinking power and effort that has been created and expended throughout the journey of the human species, then it would be reasonable to propose that we have certainly earned our position of domination. From this point of view, you can also see how this incredible amount of energy has had a dramatic influence on the shaping of the planet, our minds, the way we think and the civilisations that we live in today.

Throughout this long and arduous journey of survival, the human species has also had the opportunity to utilise its

incredible problem-solving and analytical abilities towards developing advanced communication techniques. This has allowed for the acquisition and sharing of information from one individual to another and from one generation to another.

Our ability to observe and communicate with our universe is truly amazing!

So you would think that by now our lives would be embodied with incredible levels of wisdom and understanding of ourselves and the world in which we live. That we would all be harmoniously living together as a species and jointly sharing the gift of life with the rest of the planet.

But this is far from the truth!

In fact, things appear to be getting worse - we seem to have no ability to effectively use all of this information that we have acquired. Everything that we create, which is done so with the intent of supposedly making our lives better, seems to be generating the opposite effect.

It would appear that the more we try to control our minds and the environments with which we interact, that two clearly observable consequences arise...

Firstly, the planet is effectively screaming out in pain as we tear it down and manipulate its existence.

Secondly, the human mind is screaming out with ever increasing levels of fear, suffering and confusion.

We are creating a planet that is going to be difficult
to live on and a mind that is going to be difficult
to live in!

So what's the deal?

How could things possibly be getting worse given the
brilliance of our minds?

Well, there is an answer. However, be mindful that....

The truth can never hurt you, just your resistance to it.

A glitch in the system

Life is not as straightforward as we had hoped and the
consequence of being a highly advanced problem solver is
becoming very apparent within the psychological parameters
of human functioning.

No matter how much we achieve or attempt to control our
environment, we are experiencing more pain and suffering
than has ever before been witnessed on this planet...and it
primarily stems from the fact that there is one highly
observable but largely overlooked glitch in the functioning of
the Problem Solving Mind.

To be a problem solver you can never be satisfied or
you wouldn't bother to solve problems in
the first place!

Think about the consequences that this parameter is having on your life as you try to find satisfaction, as if it is some place you can arrive and stay at.

And this apparent eternal realm of dissatisfaction has unwittingly been and is continuing to be shared and transferred via the psychological pathways of human functioning - hence creating a collective consciousness that travels through the very barriers of time that limit our existence as an individual.

This process leads to ever increasing amounts of pain and suffering, which is reflected by the psychological disorders which individuals are experiencing in the world today. As we are permanently trapped in a problem-solving mode, pain increases as time increases and this will not stop...

Hence our experience of time is changing.

The reason for this is because problem-solving is a mode of functioning that has a life of its own, so therefore it is an ever-growing and evolving entity. As time passes the Problem Solving Minds perception of life being a problem increases. The bigger we perceive a problem to be, the more pain it creates when we address it. Then as the pain increases, our vision becomes more blurred and our

obsessiveness to control all that we see increase – and this is owing to the fear that we are experiencing.

So it is an ongoing dynamic and cycle of functioning that increases in its levels of intensity over time. This is what humanity is experiencing as you read this book, that is, a level of intensity and pain that is becoming unbearable. And this is compounded by the increasing population of human beings on this planet; hence there are more mental vessels for storing and sharing pain.

But it doesn't stop there...

As our perception of the external world being a problem increases in size, the world that we experience will feel proportionately smaller...

So now we are not just experiencing greater levels of pain, but we are also doing this within a far more restrictive framework of existence.

How much pain would you like to experience and how small a world would you like to be housed in?

This process I am describing to you is the beginning of the creation of a psychological black hole within our own minds. We are unwittingly creating a force that will eventually hold us and every aspect of our experiential reality captive.

This psychological black hole is purpose built to contain consciousness...

It has been developing for a long time and its completion is near!

Quite obviously the techniques of domination and control are not leading to the happiness and security that we thought they would have, which presents humanity and every individual within it with quite a dilemma. It would be reasonable to propose that we would not knowingly create a pathway towards annihilation. So it would also be reasonable to propose that we do not understand the nature and functioning of our own minds and the forces that are influencing them.

Now think about this...

How could we ever hope that anything we do in our lives could lead to anything that will ever make sense, if we don't even know what we are or where we are?

As most people are not aware of the life equation that is driving their existence, they blindly continue down their existing pathways of thinking, desperately hoping that they can problem solve their way out of the situation in which they find themselves.

It's not a problem

If we want to continue to be the supposed masters of control, which can only be achieved through the processes of problem-solving, then we are destined to never feel good - to put it gently! And the worse we feel the more we become convinced that life is a problem that needs solving.

Do you see Humanity's dilemma?

So to pull ourselves out of this rather perplexing situation, does this simply mean that we have to improve our ability to decide which aspects of life are problems and which are not?

The answer to this is a resounding..... **no!**

It is a matter of understanding that we are trapped in a part of the mind that sees life itself as a problem in its entirety. However, although this may sound strange, as part of the intricate mechanisms of this survival process, the Problem Solving Mind does not think that it is seeing all of life as a problem. It thinks that it is just seeing certain aspects of life as a problem and therefore comes to the erroneous conclusion that if it controls these identified issues, then there will be no more problems!

However, life is always changing and therefore no matter how much we think we may have gained control over life, these changes present what quickly becomes identified as new problems that need solving.

Now we get caught up in the eternal and frustrating illusion of control, that is, we buy into the thinking that if we could just get these new issues under control, then everything will be all right.

Of course this is a never-ending process.

As our systems of functioning become more complex and as the information that we share becomes more diluted and confusing, more fear is created. Therefore the power of the Problem Solving Mind is growing exponentially with the increases in our diverse lifestyles.

This is why life so often feels like an insane rollercoaster ride of emotions.

We are spending our lives chasing something that does not exist and our increasing levels of fear are simply giving a false validation to the fact that we should continue to see life as a problem that needs solving.

Life is either a problem, or it isn't.

We can't just see bits and pieces of it as a problem and think that the rest isn't... that is madness!

The above technique of identifying certain aspects of life as a problem blinds the Problem Solving Mind to the truth of what it is actually seeing. Its vision becomes very selective and convenient to its own fear based survival objectives. As far as the Problem Solving Mind is concerned, all of the

identified issues that it finds unfavourable on the planet today, need to be addressed in isolation. Therefore it will attempt to find solutions in isolation.

So the process of building the apparent mess that we are today trying to unravel has actually been in development right from the beginning - we just did not see it coming. And now that we have become so heavily reliant on our existing pathways of thinking and the structures they create, the Problem Solving Mind has us convincingly trapped within its Construct of functioning.

Unless we wake up to the fact that the Problem Solving Mind planted the seeds that created all of the corruption that we see today, then all our efforts to survive will have been in vain.

Really, it's not a problem!

Let's take a closer look at what's going on.

The Problem Solving Mind finds solutions to life by analysing all of the information that it receives in the now, cross referencing this information with past knowledge and then projecting a pathway of thinking for it to walk into the future.

The Problem Solving Minds analytical abilities are primarily focused on trying to create a clear and accurate picture of the entirety of its existence for the purpose of its own survival. These parameters encompass all aspects of life and the external world. This includes the vehicle in which it is

housed, that being your human body, you, your personality, your emotions and all of the information that it receives via its access to your five sensory systems.

Interestingly, it does not understand the purpose or meaning to its own existence, in fact it does not even know what it is. It has therefore also included itself on its list of things to analyse and understand. The Problem Solving Mind is trapped in an insatiable and unsolvable quest to understand its own existence and all that it experiences.

Life misreading Life

One of the disturbing realities that the Problem Solving Mind experiences, yet to this day has not been able to truly understand, is that what it is experiencing is not life itself in the current mode of its existing pathways of functioning. However, it thinks that it is and this is the beginning and core root of where the sensations of disturbance that we are experiencing and sharing start.

This erroneous conclusion that the Problem Solving Mind has come to about the nature of its experiences, leads to the process of enforcing a version of life on to life itself that will never completely fit. This therefore leads to the experience of nothing ever quite making sense...

This is why the Problem Solving Mind is so concerned with the past and future as it can't seem to find what it is looking for in its perception of now.

A reasonable and simple analogy would be to say that the Problem Solving Mind is trying to put a square peg into a round hole...

And without using force it will never go in and even if it does, it will destroy the nature of the two realms that it is enforcing itself upon. The outcome of this will leave it even more confused than it was in the beginning, because it takes pride on being right and does not like to concede to being wrong. This simply leads the Problem Solving Mind to continue to force itself on a situation where there is no fit, under the erroneous belief that eventually it will succeed. Or it will redirect its attention elsewhere towards a different situation, which will effectively end up creating the same scenario in a different disguise. Either way, the Problem Solving Mind once again believes that life created the problem, not it, hence allowing it to justify its actions and the disastrous consequences that they so often create...

Does any of that sound reminiscent of human behaviour?

To clarify, the Problem Solving Mind believes that it is not itself that has made an error of judgment, but instead that life is presenting obstacles which are causing discomfort. It therefore creates the notion, that by rearranging its external environment, it will be able to find the happiness that it is programmed to seek. It just wants life to make sense and therefore has no other way to achieve this, other than to problem solve all of the information which it is presented with.

For example, to use the above analogy, it thinks that if life, which represents the round hole, could change its shape, then

everything would be fine and it is very persistent in this belief. However, owing to the fact that it is itself that has misread the situation, its problem solving pathway is a never ending and insatiable one. This leads to a permanent state of dissatisfaction and discomfort in the false belief that the answers to finding meaning, security, control and happiness, lie somewhere in the future in the disguise of another situation to control...

The Problem Solving Mind knows nothing but control, therefore that it will reluctantly relinquish.

Remember that this process of control that I am describing to you, is a direct representation of the processes of functioning that we are currently acting out on this planet. A mode that justifies the use of force and manipulation to attain a preconceived end result, that either one or many peoples Problem Solving Minds have decided is the superior one.

Untapped creative cyber genius

The Problem Solving Mind is currently struggling to work out how to harmoniously interact with life, therefore leaving it trapped in a rather simplistic and basic survival mode. However, do not underestimate how brilliant it actually is and therefore how much potential power it still has to be unleashed.

What it lacks in truth it certainly makes up for with creativity.

Just think about how incredible this is; the universe has created a mechanism of functioning that is attempting to recreate its own self within a powerfully thought driven, emotional and creative realm. And despite the fact that the Problem Solving Mind is a few degrees of separation from the truth, it is still doing so with a reasonable degree of accuracy - Not enough to see the truth of life, but with enough precision to maintain its ability to interact with it, such that it can keep you fooled into thinking that it is real.

However, it is important that we do not jump to rapid conclusions as to whether the Problem Solving Mind is truly effective at its given task or not - and for that matter, we don't want to be too hasty in deciding the exact nature and purpose of its task in this universe and in our lives. Also, I would like to reiterate that the Problem Solving Mind is just one piece in the puzzle of understanding our lives - so please be patient as we work through establishing the foundations for this ongoing exploration.

The Problem Solving Minds lack of ability to precisely interpret life, leads it to utilising its extraordinarily imaginative and creative components of functioning. It is bending reality to suit its own purposes. This is one of the reasons it continues to enforce a distorted version of life onto the world we perceive to be external to us. However, it also leads to a vision of possibilities that would not otherwise have been seen or experienced.

And it is these visions, when guided properly, which could be used to guide humanity out of their existing state of insanity. So I am not negating the abilities of the Problem Solving Mind, but rather suggesting that we have the ability to

change the manner in which it is utilised and use it to aid us in the journey of our existence.

The Problem Solving Mind is able to project visions of life into your mind, which is responsible for so much of the creative mastery being expressed through pathways like music, art, fiction writing and moviemaking.

Even if you don't consider yourself to be a creative genius, just stop and think about the incredible dreams that you create in your own mind while you are asleep. You are able to produce an internal movie full of characters, dialogue, and emotional responses that are completely interactive, original and dynamic.

So as a species our creative potential is enormous...

But it is rarely unleashed, because it is currently being utilised by the Problem Solving Mind for the purpose of creating control – and this effectively equates to maintaining the structural integrity of the Construct. And it thinks that it must first get life under control before it can enjoy the fruits of its own existence.

The Problem Solving Mind was doing fine when life was much simpler, but the complexities of its own creations, are becoming a challenge to manage and understand.

Always remember as you read this book and explore the concepts I present, that nothing that we are currently experiencing is reality, dreaming or not, and everything that the Problem Solving Mind is experiencing, we are experiencing. The reason for illustrating this, is so that you

can get a clear understanding of what is happening with your life, so that in turn you can learn to sense the experience of being you beyond the parameters of problem solving.

Do not underestimate the empowerment that can be created from simply being aware of what I have presented so far.

Think of those moments in your life when there was no internal dialogue in your mind, no stress, no awareness of anything being a problem and in addition, your creativity was powerful and flowing. In these moments you are still experiencing the Problem Solving Mind, but without editing or controlling the information you are receiving. This opens up all sorts of portals to unleash your potential thinking capabilities... by not fearing and needing to protect yourself from life.

Isn't my perception my truth?

Despite the Problem Solving Minds potential brilliance, in the current realm in which it is functioning, it is not completely accurate in its interpretation of life. It is therefore presenting us with a diluted and edited version of life compared to what we could potentially be experiencing...

We are living in a perceptual reality.

You may have heard it said before that there is no reality, just perception. Well this statement is true to a certain point,

but not totally accurate in the entirety of what it is trying to say. This statement is the truth within the realms of the Problem Solving Mind and all that it creates.

To enforce a perception on life as if it is the truth is
one of the key parameters for creating
the Insanity of Humanity...

So we need to look very closely at what we are currently doing with an open mind and embrace the idea that we can function beyond our perceptions and therefore our beliefs.

Consider the following:

Do you force your version of life onto other people as if it is the almighty truth, as if your version is “the” version and the rest of the world should accommodate it? Do you have other people doing the same thing to you? Is your life more about arguments and winning, than compassion and understanding?

Truly consider your answers to these questions before you continue.

Your perception is nothing more than the truth of your perception. It does not encompass the truth of everything, as it symbolizes just one very narrow possible pathway of learning - hence the insanity of trying to enforce it and representing it as something that it is not.

Just see a perception for what it is - a perception!

So let's explore why it is so difficult to let our perceptions stay in a simple state of just being a small amount of interesting knowledge - Something that only represents a minute version of the infinite amount of possible information that we could have acquired on the journey of our life experiences.

The Problem Solving Mind thinks it has access to no other resource for making decisions, other than the knowledge that currently exists within its framework of functioning, that is, our perceptions. It is programmed to believe that the information developed through the key and informative years of learning in our childhood, is the bulk of what it needs to know to guide the rest of its existence. It erroneously believes that what it has absorbed is the truth of life, the truth of everything, as opposed to a version that it has created to suit its own needs and purpose.

The Problem Solving Mind has become obsessed with protecting itself from the external world, hence this is why the information that the external world has presented it with plays such a major role in its attempt to define itself. Our identity is therefore created from what we fear having or not having. This is why we all carry around an inner sense of dislike for ourselves.

The identity that we ultimately hold onto is not the happy successful one, but the insecure one, as fear is our chosen guide over happiness!

Hence the very identity we hold onto, is the same one that we spend our lives trying to get away from and this is because of the pain that this creates and accumulates.

So this may be a good time to ask yourself the question and reflect upon the answer; how healthy, balanced, flexible and appropriate was your learning?

What was your answer? Because whatever it was, I assure you that it has created the greatest level of influence on how you perceive yourself in the world in which you exist, whether you know it or not...

Now for the real **catch 22** in all of this...

Even if your learning was perceived to be healthy and balanced, it doesn't change the fact that your life is still being guided by a very narrow pathway of learning. You will therefore still be experiencing the very limited version of life that the Problem Solving Mind is offering you in the Construct...

Whether our learning is perceived as healthy or not,
the reality is we are still living in a box!

This is why people in general always feel that their life has a restricted sensation, as if something is not quite right. This sensation always leads us to believe that there is something more in us that needs to be experienced and expressed. So our Problem Solving Mind unwittingly sends us on a journey to chase something that does not exist. That way we will never find the real version – the truth of our existence.

However, it is in the Problem Solving Mind's interest to function the way it does, because this helps it to maintain its level of control over the world that it has created within its own mind and to maintain control over us.

If we believe that there is no reality, just perception, or conversely, if we think that our perception is reality, then we will continue to live our lives trapped within a very narrow realm of existence. Therefore, we will never fully experience the true essence of who we are; we will always feel disgruntled with life, eternally dissatisfied, with just brief moments of pleasure.

My problems are real!

At times when I have presented this topic to people, they have opened their mind up to accept that they possibly live in a perceptual reality. However, interestingly they still argue that their problems are real. This is because our most overwhelming and powerful emotions get triggered when we decide that something is a problem, or when we solve a problem.

The greater the problem, the greater the emotional pain, hence the encouragement for our mind to find a solution.

And the greater the problem the greater the joy when it is solved.

But it is this emotional rollercoaster that creates the ideal scenario for the Problem Solving Mind to keep us trapped within its confines and identifying with it as being us.

As long as we think our problems are real then our lives will always feel like a problem.

Now think about this...

A problem is just a perception. So if a perception is not real, a problem is not real.

Therefore there are no such things as problems...

Problems are just perceptual illusions created by the Problem Solving Mind. So as long as we continue to see life as a problem or any aspects of it as a problem, then we will continue to recruit the power of the Problem Solving Mind. Therefore we will continue to feel the incredible discomfort that is associated with being in a problem-solving mode.

Remember, if we didn't feel uncomfortable about things we wouldn't bother to problem solve in the first place.

Stop seeing life as a problem and you might
just see life.

So here we are together on planet Earth, all individually running around thinking that life is a problem that needs solving.

Our government leaders have decided that they know in their almighty wisdom which issues are the real problems and that we should just trust them and let them take control for our own benefit. Now, despite the fact that big brother is out there protecting us, we poor meagre little individuals that can't wield such a big stick, are still left thinking that the problems that our minds have identified, must also be solved in order for us to survive. Now we are stuck, not just in a place of permanent dissatisfaction, but also in a place of being at the mercy of the very system which is supposedly there to protect us...

What an absolute muddle of insanity that we have got ourselves caught in!

So the little individual in this totally de-powered state needs to turn their attention and controlling ways onto something. Inevitably guess who bears the brunt of their misunderstood frustrations? More than likely, anybody that they have a close and intimate relationship with, whether that is at home or at work.

So insanely off we go on our day-to-day journey through life, trying to work out which problems need solving in order to feel better. In the process of this we play childlike games of emotional control for the purpose of regaining our falsely identified place of power. Well good luck on this pathway, because unfortunately there is no light at the end of this tunnel...

The Problem Solving Mind leads us down a tunnel that gets narrower and darker until we will no longer be able to see life at all.

To varying degrees, everybody is running around controlling somebody or something and avoiding facing the truth of their own behaviour and the corresponding consequences.

In reality, life cannot be continually dealt with in all of its individual little bits and pieces, as everything is connected. Therefore every single aspect you change will have varying degrees of effect on something else. Then this secondary aspect of change will affect another factor and so on it goes.

The best way to look at this is not as a sequence of events, but rather as an inevitable reality that already exists as everything is all one thing anyway. Damaging or changing one aspect of life will definitely affect the overall system in ways that we will never be able to predict or control...

And we don't need to predict anything if we allow our minds to move beyond its obsession with outcomes.

So even if you appear to have found a solution to a problem, it will simply push the real issues under the surface where they cannot be seen. Therefore the forces and energies behind these undealt with realities, seek and find their own unguided pathways towards their own form of domination and control.

Without the injection of educated Awareness, the Problem Solving Mind will continue to dig the human species into a quagmire of mess, that one-day will deny us of ever finding an answer to anything, because we will no longer exist.

However, life is throwing signs and clues at us all over the place. So before we precede one more step into the future, I suggest that we wake up to the realisation that we have the power to redirect the pathways of the Problem Solving Mind. But first we must be able to stop and see that it is the Problem Solving Mind that has created the situation that we are now currently trying to deal with.

There is no point continuing with the process of controlling and rearranging what we have created, until we first learn to function and channel the energy of life through a greater truth of life.

Stop asking the Problem Solving Mind to fix the chaos,
because it built the chaos which gives
its existence purpose....

Chaos is simply a representation of what happens when people see life as a problem and without chaos the Problem Solving Mind would have no purpose. And we only see life as a problem when we don't understand it...

So chaos is life not understood.

However, it can be all understood. There is in reality no such thing as chaos – it is an illusion. So it is in the Problem Solving Minds interest to see life as a problem. Therefore we will always been in denial of the truth, the truth that life is not a problem, but in reality just is what it is.

Surely we are improving

Many people try and debate with me that the world is improving dramatically and that they have great evidence of this; whether it be in the area of human rights, animal protection, environmental initiatives, or technological advances.

However, don't jump to a quick conclusion.

To truly test the status of humanity is to look within the realms of each and every individual mind.

Fear levels are higher than ever before and people are therefore suffering psychologically like they never have before. And we are all scrambling to try and make sense of

what is going on, thinking that we can keep problem-solving our way out of this mess, or even worse, by making out that we are not in a mess in the first place.

Sadly and inadvertently we are just going to dig ourselves into a hole so deep that we will never be able to climb out.

If you are starting to get some sense of how the Problem Solving Mind functions and how it is controlling our lives – then continue reading and travel back into the mind of a baby...

From the beginning

If we would like our lives to make more sense, then first we must understand what it is that is currently controlling our existence. And hence determining the outcomes of our behaviour and the manner in which we are experiencing our lives.

So let's go right back to the beginning and see how this all got started.

Since the time of our conception the ingredients required for making the Problem Solving Mind were put in place.

Innocently, within the mind of an unborn child, neural pathways are forming and intertwining. They are developing to generate the necessary functioning in order to create the best possible scenario for survival outside of the womb. Once leaving the confines of this warm and safe haven, the

Problem Solving Minds job is in motion. It instantaneously knows that this new environment is something that must be readily understood for the continuance of its life. At this early stage it is relatively confused and the vehicle in which it is housed is physically capable of very little.

A human baby, unlike many other creatures at birth, is totally vulnerable and dependent upon the care of its parents or guardians. It does not intellectually know what this means, but it is certainly programmed to put out the call for protection and security in the hope that somebody is listening.

The Problem Solving Mind has no understanding of its external environment at this phase. Therefore it must use whatever techniques it can to be looked after while it goes on its journey of analysis. It must do this in order to determine the necessary processes of functioning that it needs to survive in this new and comparatively harsh world which it finds itself in.

With all of the information that the Problem Solving Mind receives and analyses via its access to the body's five senses, it builds a belief structure. This structure will form the framework from which the Problem Solving Mind will guide all of its decision-making throughout the entirety of its existence. In simplistic terms, it is creating a picture of all that it experiences. It does this by attaching various emotions to memories so that it can ascertain in the future, what aspects of life create emotions on the spectrum between good and bad. Obviously it is programmed to move away from bad feelings and move toward the good feelings.

The Problem Solving Mind works by association, therefore each experience can cover a wide range of similar or related things. This is for the purpose of guiding its emotional responses in a more focussed manner.

An example of learning by association; if for example a baby had an extremely scary experience with a bright red object, then it is quite possible that anything that is the colour red could potentially trigger a sensation of fear and confusion for the rest of its life. Chances are the child would never learn to understand that this had happened and could therefore inadvertently attach other elements to this fear by association also. Without the appropriate guidance, a child's learning could get very messy and complicated. Leading them to an extremely distorted fear based structure of learning to guide their adult life.

So learning by association is a survival technique that leads to the ongoing creation of our perceptions and ultimately our belief structure. A completed belief structure will take some time to create, so while a baby is so physically fragile, it must learn very quickly how to use whatever information it has to bring the attention of other humans to its needs. The first time that a human in its early stages of infancy attempts to control its external environment, is when it cries and screams. At this point its lungs and vocal cords are its most equipped piece of survival machinery. As it turns out this technique is extremely effective and adults are certainly programmed to respond...

A baby has had its first lesson in getting what it wants!

Yes, this is a very innocent process at this point, but how it develops from here is where things start to get very interesting and potentially corrupted.

For obvious reasons, a young baby has no concern for anything other than itself. As we place no expectations on it to do otherwise, this “selfishness” seems harmless and almost quaint when in the midst of such an innocent young mind. However, this is your first glimpse at the essence of what drives the Problem Solving Mind to the status of functioning that we see within adults today. It is not built and was never built to genuinely care about anything other than itself and this very factor is essential for the survival of an infant. However, this is also why it is such a dangerous mechanism of functioning when it is still running the life of an adult human being – particularly when they have access to power and control.

This process starts the evolution of the illusion of control

There are no strong outward signs that the average person would see in a baby, which would give evidence to the incredible piece of machinery that is already growing within its mind. It is very quickly learning what techniques work and what techniques do not. It does this in order to have its needs met as it analyses and absorbs all of the information that life presents. This early phase of learning can have a massive influence on the continuing journey in the development of the Problem Solving Mind and all that it creates. This is why the quality of guidance that an adult is giving to a child, is so pertaining to that person's behavioural characteristics as they grow into a physically mature being.

The more love and basic necessities that a baby receives, the more relaxed the Problem Solving Mind becomes and therefore the more capable it is of learning about the true nature of its reality. It does not take long before that little baby is a young child. It is now physically mobile and capable of expressing its opinions and needs in a fairly complex, detailed and forceful manner. This is a crucial phase for the child to learn that there is far more to life than just its own existence. That its techniques of control must be replaced with intelligent communication and an understanding of life that extends far beyond its own perceived realm of existence.

To achieve this, a child needs to learn that life is not something to fear, but rather something to embrace - for it is the sensation of fear that continually recruits the ongoing cycle of control that the Problem Solving Mind is trapped in. If the necessary mature guidance is not available to a child, then it will continue to develop techniques that it used as a baby, hence creating more and more disturbing tantrums.

As a child gets older they will use sophisticated emotional techniques of control in order to get what they want - like emotional guilt, physical intimidation, being nice, sexuality and a whole array of other masterfully created processes of manipulation. If this process is not curbed then the child will simply take these techniques into their functioning as an adult. By this stage it is a very difficult process to change, let alone recognise, as the Problem Solving Mind now has a firm grip on that person's existence. In fact the person now thinks that they are the Problem Solving Mind, hence they will defend any perceived threats to their existence - they will take everything personally and won't be able to receive help.

This essential transition for a child to learn how to function beyond the parameters of the Problem Solving Mind is such a crucial phase and also a very potentially disturbing one for the child and its carer. This is probably why most people avoid it and sadly turn to increased levels of control or over nurturing to keep the child in order. Even love in isolation is no longer satisfactory; it must now also be attached to high levels of strength and wisdom, in order to guide this child slowly but surely out of a mode of attention seeking and drama, into a world of awareness, compassion and integrity. This transition takes place over many years, until the child is guided towards embarking on its own journey beyond the need for your guidance.

It would appear that this phase of development has been neglected in the processes of learning that we see today, particularly in western society. Even parents that have attempted to bring up their children in a healthy and intelligent manner, do not realise themselves, that they too are primarily a manifestation of their Problem Solving Minds. They are therefore inadvertently teaching their children to become a manifestation of the same piece of machinery. They are still using fear as the guide, just in a different disguise.

This leaves the child with no other choice but to develop more complex techniques of control as it knows no other way to function – and it is the pathways of control that it is witnessing its parent use to get what they want also.

Therefore, most children are heading off into life totally confused and bamboozled by the disturbance that is felt as a consequence of living in the Problem Solving Mind. Or even

worse, they actually go through a period where they take advantage of living inside this part of the brain and focus their attention on the competitive pathways of achievement and success. And even though they are often deluded into thinking that this is the intelligent choice, they are actually just feeding the very pathways that will one day destroy their spirit.

Bring it on!

The competitive spirit that we so heavily applaud in today's world is simply a by-product of the functioning of the Problem Solving Mind. As it thinks it is the centre of everything, it therefore thinks that winning is the answer to life and the answer to survival. It therefore has little concern for what must lose in order for it to win.

To take pleasure in success is to take pleasure in other people's failures, for success is only a relative concept...

Meaning, that what we decide is success is primarily dependent on the nature of our learning and is therefore just part of our perceptual reality...

As all perceptions require a point of comparison to exist, success therefore requires a point of comparison of failure.

And the Problem Solving Mind hides this truth behind convenient segregation of its integrity.

It is essential that we first learn to enjoy being us outside of the world of comparison and success. Then take this knowing to our children so they can simply enjoy the process of being alive. As opposed to enforcing themselves on life because of the illusion that they have fallen victim to. The illusion that happiness is a relative concept that can only come from knowing that your situation is better than someone else's.

This is the illness that has infected many peoples current concept of success, achievement and competition...

We live in a world obsessed with receiving, not giving and this competitive nature was the essence for why we survived and it may be the essence of our demise.

Children develop most of their emotional control techniques from their parents or any other key individuals in their lives and this reality can only turn right back in our faces if we do not wake up to what is going on. The end result of this is an eternal power struggle between children and parents, or children and any authority figure and eventually between adults of different belief structures. This leads to nothing but the continuance of the Insanity of Humanity - a situation where one Problem Solving Mind is pitting itself against another, hence again the competitive nature of this part of the brain.

Because the game of life gets perceptually more complicated and serious as we get older, we therefore incorrectly conceive a notion of ourselves being more mature.

The outcome of all this, is that the transition from childhood emotional control techniques through to a process of wisdom is simply not taking place, as we have all become the victims of a world dominated by pain, fear and control... dominated by the Problem Solving Mind.

What we are witnessing today is effectively a child's mind trapped in a continually ageing and deteriorating physical body. The mind when trapped in this mode of functioning becomes increasingly disturbed and fearful. With time it realises that no matter how much it attempts to control life, or other people, it never seems to be able to find the strength, security, happiness, inner peace and confidence which it so desperately desires.

Blinded by fear

Our infatuation with life extension and finding the eternal fountain of youth is driving us further away from the truth and closer to a place of eternal pain and misery. It is only the Problem Solving Mind that cannot come to grips with the deterioration of its physical being. Therefore the general theme is that we are becoming more disturbed as we get older, rather than developing the necessary wisdom to age gracefully. As this is an obvious manifestation of today's society, we are also witnessing that the speed in which children are becoming disturbed is also increasing. We

“adults” are quickly transferring our increasing levels of fear and pain into the reality of their existence. We are inadvertently teaching them to dig deeper into the pathways of their Problem Solving Minds, as they attempt to find a way out of this madness that we have created for them.

When a child is young and vulnerable, they definitely need the Problem Solving Mind to survive; they also correctly believe that they need other people to look after them in order to feel secure. However, they erroneously presume that the information that adults are feeding them is clear, accurate and pertaining to the reality of their personality structure and environment in which they exist. Then we wonder why children today are so disrespectful towards adults, when all we present to them is fear and confusion in a world of denial and mental weakness. And then when these children grow up they are condemned for not behaving with integrity!

The general theme today is that children of all ages are feeling lost and confused and are even becoming subject to quite advanced psychological conditions very early on in their lives. This leaves them with the obvious conclusion that the external world is responsible for how they feel. Therefore an outsider is always to blame when their needs are not being met. And coming from a child’s mind, one could say that they have every reason to be angry. Today’s adults have not supplied them with the most basic and necessary information for them to be able to cope in this world. Remember, this is a child I am talking about, yet this simple process of thinking seems to be very reminiscent of how most adults function today. We have created a world of blame

and transference of responsibility onto the shoulders of somebody other than ourselves.

Why?

Because we have not learnt to handle our pain and are inadvertently letting this pain guide the functioning of the Problem solving Mind.